



Statistics Report 09165, Litchis, dried

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	22.30	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Energy	kcal	277	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Energy	kJ	1159	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Protein	g	3.80	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Total lipid (fat)	g	1.20	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Ash	g	2.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Carbohydrate, by difference	g	70.70	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Fiber, total dietary	g	4.6	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Sugars, total	g	66.10	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Calcium, Ca	mg	33	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Iron, Fe	mg	1.70	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Magnesium, Mg	mg	42	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Phosphorus, P	mg	181	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Potassium, K	mg	1110	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Sodium, Na	mg	3	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Zinc, Zn	mg	0.28	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Copper, Cu	mg	0.631	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Manganese, Mn	mg	0.234	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Selenium, Se	µg	1.3	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997

Vitamins

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin C, total ascorbic acid	mg	183.0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Thiamin	mg	0.010	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Riboflavin	mg	0.570	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Niacin	mg	3.100	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Vitamin B-6	mg	0.090	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1985
Folate, total	μg	12	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1985
Folic acid	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	μg	12	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Folate, DFE	μg	12	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Choline, total	mg	12.7	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Vitamin B-12	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Vitamin B-12, added	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	μg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2007
Retinol	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2002
Carotene, beta	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Vitamin A, IU	IU	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Vitamin E (alpha-tocopherol)	mg	0.31	--	--	--	--	--	--	--	--	Calculated or imputed	09164	02/2003
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone)	µg	1.6	--	--	--	--	--	--	--	--	Calculated or imputed	09164	02/2003
Lipids													
Fatty acids, total saturated	g	0.270	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
4:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
6:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
8:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
10:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
12:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
14:0	g	0.006	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
16:0	g	0.190	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:0	g	0.065	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
Fatty acids, total monounsaturated	g	0.328	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
16:1 undifferentiated	g	0.004	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
18:1 undifferentiated	g	0.324	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
20:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
Fatty acids, total polyunsaturated	g	0.361	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
18:2 undifferentiated	g	0.184	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
18:3 undifferentiated	g	0.178	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
18:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Amino Acids													
Tryptophan	g	0.033	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Lysine	g	0.187	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Methionine	g	0.042	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2000
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2000